

Special Events

Rancho Bernardo Glassman Recreation Center

SPRING FLING EGG HUNT

DATE: Saturday March 19th

TIME: 10am-12pm



Open Gym

Pickleball

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Here at the Recreation Center we have paddles, balls, and nets for you to use.

Basketball

During our Open Gym hours anyone is open to come and play basketball. We have one full sized court with 2 half size courts overlapping for a total of 6 hoops. Need a basketball? We have indoor and outdoor balls you can borrow, (you will need a current ID to check out a basketball).

Volleyball

Open Volleyball is a free event to the public and is also a new event here at RBRC. It is played on 1 court with 6 players to each team on that court (so 12 people to a court). Here at RBRC, we have 2 courts to play on. You get 3 chances to hit the ball over the net without allowing the ball to hit the ground. Once that said team wins the point, they get the right to serve. The server is located on the top right corner of the court. If you get the point while serving, the person continues to serve until the other team wins a point. When your team wins a point and you were not serving, your team will rotate to the right to allow

Badminton

Badminton is a fun game that is a new event here at Rancho Bernardo Recreation Center. Here at the rec center, we have two courts, each consist of 30 minute games for 4 people to a court. We, here at RBRC, have the nets and also provide the birdies and badminton racquet if needed by the patron. Badminton is a game of doubles. 2 players for each team, with a court consisting of 4 players. Each team will have a chance to serve. When your partner serves, you play the point, and then the other partner serves. This will continue for 30 minutes or until the certain team gets to 21 points.

For more information regarding the rules and regulations on open play hours you can check out our real time open play calendar. <http://www.sandiego.gov/park-and-recreation/centers/recctr/rancho.shtml>



AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAL STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAW. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER AT (619) 235-1133 OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240). THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

The City of
SAN DIEGO

Park and Recreation Department
We enrich live through quality parks and programs

Rancho Bernardo Glassman Rec. Center

SPRING 2016



18448 West Bernardo Drive, San Diego, CA 92127
(858) 538-8129

www.sandiego.gov/park-and-recreation



PAYMENT INFORMATION

The following hours are the times that staff can take registration for programs and permits. All registration for classes and permits can only be received when there are **two trained staff members present**. We apologize for any inconvenience this may cause you or your family.

TUESDAYS: 11:00PM – 6:00PM
WEDNESDAYS: 11:00AM - 4:00PM
THURSDAY 11:00PM – 6:00PM
FRIDAY 12:00PM – 7:00PM
SATURDAYS: 10:00AM - 4:00PM

Please remember we only take **checks** and **exact cash** or **credit cards**.

HOLIDAY CLOSURES

Presidents Day Feb 16th
Cesar Chavez March 31st

HOURS OF OPERATION

Monday 10:00am - 8:00pm
Tuesday 9:30am - 9:30 pm
Wednesday 10:00am- 8:00pm
Thursday 9:30 am - 8:30 pm
Friday 11:00am - 8:00 pm
Saturday 9:00am - 5:00 pm

All times are subject to change without notice

OUR VALUED STAFF

Cathy Lawler	Area Manager II
Eric McDonald	Center Director III
Robert Reiter	GMWII
Dillon Thinnies	Assistant Center Director
Zak Darman	Recreation Leader I
Edward Taylor	Recreation Leader I
Jhakarra Andrews	Recreation Leader I
Anthony LaChica	Recreation Leader I

PROGRAMS

GENERAL INFORMATION

Civic Dance Arts

SAN DIEGO PARK AND RECREATION DEPARTMENT

The City of San Diego Dance Department conducts this popular and fun dance program. Dance for Life...Dance for Health... Dance for Joy! Classes consist of tap, jazz, and ballet.

Saturdays:

Winter Semester Jan 9 to May 21, 2016

– Subject to change

(No Class All City Holidays)

Classes:

9:15a	Pre-tap (4-5yrs) [17058]	Ballet 1A (7-15yrs) [16896]
10:00a	Tap 1A (6-17yrs) [17056]	Adult Tap 1A (18yrs+) [16893]
10:45a	Jazz 1A (6-17yrs) [17054]	Adult Jazz 1A (18yrs+) [16892]
11:30a	Tap 2A (6-15yrs)* [17050]	Adult Tap 2B (18yrs+)* [16891]
12:15p	Tap 2B (6-17yrs)* [16895]	Adult Jazz 2B (18yrs+)* [16889]
1:00p	Jazz 2A (6-17yrs)* [16894]	Ballet 2A (7-17yrs)* [17047]
1:45p	Jazz 2B (6-17yrs)* [17048]	Ballet 1B (7-17yrs)* [17052]

*BY TEACHER PROMOTION ONLY

Cost: \$41.00/ Per Semester (10 weeks)

For more Info: 619-235-5255 or www.cividdancearts.org

Winter Registration starting 12/19/15 @ 10am

Using activity [number] listed above go on SDReconnect.com

Adult Fitness Class

This is an exercise class appropriate for individuals who are fit and active as well as those who have been sedentary or are intimidated or unfamiliar with exercise classes.

Working in a group setting, the class is designed to increase strength, endurance, range of movement, agility, balance and coordination. We provide an environment for success for everyone while working on healthy longevity of the body and brain. We also focus on having fun and building friendships too. So come and join us and let's have fun!

Ages: 18+

Days: Every Tuesday's and Thursday's**

Time: 9:30am-10:30am

Location: GYM in RBRC

Cost: \$40 for 2 weeks (4 classes),
\$60 for 4 weeks (8 weeks), or Class Pass*

** No class All City Holidays

*Class Pass through the Ed Brown Adult Center

Tiny Tots Program

Our Tiny Tots Tumbling/Gymnastics Class features beginning gymnastics where children and their parents explore different activities using various pieces of gymnastic equipment. Emphasis is placed on learning tumbling skills such as forward rolls, balancing, strength coordination and movement exploration. The children will get to use a jumper and trampoline as well as songs and parachute play with parent participation. This class ensures your child will burn energy, learn new skills and have fun at the same time!

We will be starting with Gymnastics on Tuesdays at 9:30am.

Cost: \$20 per month

Tiny Tots Arts & Crafts

is all about discovery and encourages children to pursue new talents and interests while building confidence. Participants enhance their skills through socialization, beginning academics, numbers, language, arts and crafts and much more. It will challenge the creativeness of every child with seasonal as well as educational projects.

We will be starting with Arts & Crafts on Thursdays at 11a.

Cost: \$5 per month

FREE BREAK DANCING SESSIONS

Ever wanted to learn some authentic break dancing? Need a place to practice your moves? Want to get some good exercise? OG B-Boy Ronnie "Ronzone" Isaguirre and the Rancho Bernardo Recreation Center bring you practice sessions. Whether you are beginner or advanced, come learn and practice with us! Anyone can come and join the fun! Music will be provided!

Parent/Guardian must sign liability form before child can participate.

Time: 5 p.m.-8 p.m.

EVERY FRIDAY FOR FREE!!!

RANCHO PENASQUITOS SKATE PARK

PQ Skate Park is unsupervised.

SKATE AT YOUR OWN RISK!

Hours of Operation - Open 7 days a week 10am - Dusk
(Park will close for rain and inclement weather.)

Skate park is for skateboarding, skates, and rollerblades only. Bicycles, scooters, and motorized equipment are NOT permitted.

Rules and Regulations: Parent/Guardian must accompany children under 12 years old. Skaters must be in full safety equipment to enter (helmet, elbow, and knee pads). No smoking, alcohol, food or drink. Glass containers not allowed. Littering and graffiti not permitted. Unauthorized ramps or obstacles cannot be used inside or outside the skate park area. Visitors/spectators are required to remain outside fenced area. Animals not permitted. In Case of Emergency, call 911. Report emergency and maintenance concerns to (858) 538-8132. City of San Diego Municipal Code SEC.63.0107

THERAPEUTIC RECREATION SERVICES

All Activities accommodate people with disabilities. Upon availability, Therapeutic Recreation Services staff will provide additional assistance from recreation staff requiring a three week advance notice. An assessment will be made to determine if a one-on-one aide is needed. Therapeutic Recreation Services is a Citywide Program that provides recreation opportunities for people with disabilities. More information is available by calling (619) 525-8247 or (619) 525-8249TDD.



WATER CONSERVATION

Rancho Bernardo Rec. Center would like to encourage you to "Think Blue" and help conserve water.

ALL CITY OF SAN DIEGO PARKS & BEACHES ARE SMOKE FREE.

AED ON SITE IN THE Main Office of the RECREATION CENTER.

Public Defibrillators are located at all City of San Diego Recreation Centers.



IMPORTANT INFORMATION TO KNOW

• SAN DIEGO SOCCER CLUB

SanDiegoSoccerClub.org

• RB POP WARNER

www.RBPopWarner.org

• RB LITTLE LEAGUE

www.RBLL.org

• RB YOUTH BASKETBALL

www.RBYBL.com

• RB GIRLS SOFTBALL

www.RBGirlsSoftball.org

• RB TENNIS CLUB

(858) 487-9698

• ED BROWN SENIOR CENTER

858) 487-9324

• LAKE HODGES BOWLS CLUB

(858) 715-0392

www.lakehodesbowlsclub.com

• RB DOG PARK

(858) 538-8129

www.RanchoBernardoDogPark.com

• Carmel Mtn. Ranch Recreation Center

10152 Rancho Carmel Drive, 92128

(858) 538-8100

• Scripps Ranch Recreation Center

11454 Blue Cypress Drive, 92131

(858) 538-8085

GENERAL INFORMATION

RESERVATIONS INFORMATION

For park/facility reservations including; sports field use, room rentals, party jumpers and/or gazebo. Please contact the Rancho Bernardo Recreation Center. Ask to speak to Eric McDonald at (858) 538-8129.

PERMIT HOLDER REQUIREMENTS

- Must provide proof of insurance.
- Must provide own advertisement for program.
- Registration is not required to submit proof of fingerprinting for their coaches, volunteers and/or instructors.
- All Permit Holders are identified with an **asterisk on this program.

REQUIREMENTS FOR INDEPENDENT

CONTRACTORS

- All contractors, sub-contractors and volunteers must be fingerprinted through the City of San Diego Live Scan Process.
- Contractor must submit a business license and proof of insurance.
- City staff handles all registration for the program.
- Contractor must provide Worker's Comp. coverage for all employees.

RECYCLING

The recycling bins are located in the parking lot next to the outdoor basketball courts and accept metal, aluminum, plastic bottles, news papers, magazines, and cardboard.

If bins are full, please come back another day. Thank you for your "Stay Green" support.



VOLUNTEERS NEEDED

Ongoing opportunities are available at recreation centers, pools, and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit <http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml>

or contact the Volunteer Office at (619) 533-4017.

RANCHO BERNARDO DOG PARK

Hours: Dawn till Dusk Daily

Dog Park is closed every Thursday from 8:00am -12:00pm for maintenance and DURING RAINY WEATHER.

www.RanchoBernardodogpark.com

Feel Free to check the website for any additional updates. Remember; PLEASE Keep your dog on a leash during your city park visit. *IT IS THE LAW!*

REFUND POLICY

- Full refunds will be issued for any class cancelled by the City. If a class is cancelled, you will be notified by email and a refund check will be mailed to the address on the family account.

There is a \$10.00 processing fee on all refunds.

- Refunds are processed within 10 business days of the request. All approved refund requests will be paid via check. This includes credit card transactions. A Refund Request Form (available at the Recreation Center office) and your registration receipt must be submitted at least 48 hours prior to the second class meeting.

- Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. If you or your child is unhappy, or your child does not participate after the refund deadline, we cannot process a refund. Thank you for your understanding.

- If your child has a medical emergency after registration day and cannot participate in class, please contact the staff as soon as possible. A refund request must be submitted as soon as possible. Refunds/credits will be determined on a case to case basis by the Center Director. For more info please call, 858-538-8129.

RECREATION COUNCIL

These groups of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, equipment and improvements. They plan, promote, publicize and help provide recreation opportunities for citizens in the Rancho Bernardo community. Groups, clubs and leagues using the parks are encouraged to send a representative to the meetings. Meetings are open to the public. New membership is encouraged and welcomed. The RB Recreation Council meets on the third Wednesday of each month at 7:00pm at the Rancho Bernardo Recreation Center. Persons interested in making a positive impact or who have concerns about local parks and the recreation center should attend these meetings.

DONATIONS

By donating to the Park and Recreation Department you can help to enrich the lives of others by improving the quality of the parks and programs. For more information on how to donate please contact Center Director, Eric McDonald at (858) 538-8129.

PROGRAMS

**Kajukenbo Karate

This "Original" Mixed Martial Arts program is designed to promote a higher level of Self Confidence, improve Self-Esteem, Discipline, Concentration, and Coordination. It also helps improve social interactions and academic performance! Training includes both traditional and modern methods. Keep fit while learning self defense! Come try one class for free!

KARATE, JUDO, JIU-JITSU, KENPO, & CHINESE BOXING

Days: Tuesdays & Thursdays

Time: 5:30pm - 6:30pm

Ages: 7 yrs. and up

Cost: \$65/ 4-weeks*

Instructor: Sigung Ronnie F. Isaguirre, 7th Degree Red/Black Belt

SEE INSTRUCTOR TO REGISTER

Text or call (858) 336-9191 or www.kick411.com

Parent's Night Out

Go out for a night on the town feeling confident that your little ones are safe and having the time of their lives. Parents can drop their kids off at 5:00pm and pick their kids up before 9:00pm. While parents are on their date the kids will be having fun doing arts and crafts, games, sports, and watching a movie. *Must have minimum of 5 children waitlisted by the Wednesday prior for program to run. Children must be potty trained and between ages of 4-13 years old. If interest please sign up on the waitlist on ActiveNet.

Cost: \$10 per child **Time** 5:00-9:00pm

Date: 3rd Friday night of every month

Interested in the program?

Contract the Office in person or by phone at (858) 538-8129.

Online Registration is available through ActiveNet online registration system. You can enroll for classes from your home or in person using this system. Additionally, you can pay using a credit card! We will continue to accept cash and checks at the recreation center for on site registration if you prefer. To prepare your family, you will need to do the following in advance to expedite your first registration.

Log onto www.SDRecConnect.com

-Click the "Create Account" and fill out all required fields for the primary responsible person.

-Click "Submit" or "Submit & Add A Family Member" if signing up a child to a class.

Important to check email for a confirmation message and to open activation link. You will not be able to use your new account until you have opened the link.

***Effective September 8, 2015**, service fees will apply as follows for all transactions. For Online Registrations, \$2 Transaction fee and 3% Processing fee will be charged for every transaction. For In-house Registrations, \$2 Transaction fee will be charged for every transaction. Rates are established by the service provider and are nonrefundable

Parks Fit San Diego 2016

Challenge: Walk, Run, Roll or Swim 30 miles between June 18 and August 13

Reward: Get fit, stay healthy & receive a Parks Fit SD t-shirt!



Join this year's Parks Fit San Diego program by visiting any City of San Diego Park and Recreation Department facility (recreation center, pool, nature center, activity center or golf course) for a quick and easy enrollment process. Choose one activity or mix it up. Track your miles and turn them in by the due date for your Parks Fit SD t-shirt!

Kickoff Event - 1 mile Fun Run & Market in the Park
Saturday, June 18, 2016 at 8:00am
Morley Field, 2221 Morley Field Drive, San Diego 92104

Finale Event - 5K Run/Walk & Family Celebration
Saturday, August 13, 2016 at 7:30am
NTC Park, 2455 Cushing Road, San Diego 92106

Stay Fit San Diego!

Visit: www.sandiego.gov/park-and-recreation for more info.



Proudly Presented by:

Lake Hodges Bowls Club



SATURDAY LAWN BOWLING



Put on your flat shoes and come get introduced to lawn bowling at Lake Hodges Bowls Club. Arrive at 12:45pm and get a FREE LESSON; or if you already know how to play, join in a game for just \$5. Open to the Public (ages 12 & Up).

For More Info: Call 858-715-0392 or visit their website at www.lakehodgesbowlsclub.com